



## Department of Physical Education

### 1. Year of Establishment:

Recognized by NCTE 2010-2011

Regular Classes Starts from the session 2013-14

### 2. Names of Programmes/Courses offered (UG, PG, M.Phil., Ph.D., Integrated Masters, Integrated Ph.D., etc.):

S.No.	Program	Degree Info	Remark
1.	Under Graduate (After UG Degree)	Bachelor of Physical Education (B.P.Ed.) - 1 Year	Till session 2014-15
2.	Under Graduate (After UG Degree)	Bachelor of Physical Education (B.P.Ed.) - 2 Year 4 Semester	From Session 2015-2016

### 3. Names of Interdisciplinary courses and the departments/units involved:

Nil

### 4. Annual/semester/choice based credit system (programme wise):

S.No.	Program	Session	Remark
1.	Bachelor of Physical Education (B.P.Ed.) - 1 Year	sessions 2013-14 and 2014-15	Annual Pattern
2.	Bachelor of Physical Education (B.P.Ed.) - 2 Year	From Session 2015-2016	Semester, Credit System

### 5. Participation of the department in the courses offered by the other departments:

Some students were successfully completed the courses of Skill Development mission run by college sponsored by State Govt..

### 6. Courses in collaboration with other universities, industries, foreign institutions, etc.:

Nil

### 7. Details of courses/programmes discontinued (if any) with reasons:

Nil

### 8. Number of Teaching posts

	Sanctioned	Filled
Professor	-	-



Associate Professor	-	-
Assistant Professor	01	01

9. 10. Faculty profile with name, qualification, designation, specialization, (D.Sc./D.Litt./Ph.D./M.Phil. etc.)

Name	Qualification	Designation	Specialization	No. of Years of Experience	No. of Ph.D. Students guided for the last 4 years
Dr. Omji Gupta	B.Com., B.P.Ed., M.P.Ed., PhD, UGC-NET	Asst. Professor	Physical Education - Exercise Physiology, Judo	12 Year	Nil

10. List of senior visiting faculty:

Nil

11. Percentage of lectures delivered and practical classes handled (programme wise) by temporary faculty:

S. No.	Session / Year	Program	Total Lectures	Lecture taken by Regular Faculty	Lecture taken by Temporary Faculty	Percentage of Lecture delivered by Temporary Faculty
01.	2013-14	B.P.Ed. 1Y	1600	800	800	50%
02.	2014-15	B.P.Ed. 1Y	1600	600	1000	62.5%
03.	2015-16	B.P.Ed. 1 <sup>st</sup> Sem	800	300	500	62.5%
		B.P.Ed. 2 <sup>nd</sup> Sem	800	300	500	62.5%

- Total 100 working days in a semester with 8 periods. Each period - 45 minutes.
- Conditioning, Practice of Games periods are overlapping as per the groups of 10 to 20 students divided for each groups.

Approximate 50.00%

12. Student-Teacher Ratio (Programme wise):

S.No.	Session / Year	Program	Total Students	Total No. of Teachers			Student / Teacher Ratio		
				P	T	Total	P	T	Total
3.	2013-14	UG	50	01	02	03	50:1	25:1	50:3
4.	2014-15	UG	46	01	04	04	46:1	23:2	46:5
5.	2015-16	UG	29	01	02	03	29:1	29:2	29:3



P = Permanent Teachers, T = Temporary Teachers as Guest Lecturer (per period 400Rs. Or maximum 18400Rs in a month As per CGHED Directives against the Vacate regular A.P. Post) or Lecturer on contract basis (Fix 8000Rs. Per month through *Jan Bhagidari Samiti* of College)

13. Number of academic support staff (technical) and administrative staff; sanctioned and filled:

Staff	Sanctioned	Filled	Filled on temp. / daily wages basis
Lab technician	—	—	—
Lab Attendant	—	—	—
Administrative Staff	—	—	—
Administrative Staff (Store keeper / Peon)	—	—	01

14. Qualifications of teaching faculty with DSc./D.Litt/Ph.D./ M.Phil/PG:

S. No.	Faculty Name	Qualifications				
		D.Litt.	Ph.D.	M.Phil.	P.G. with NET/SET	P.G.
1.	Dr. Omji Gupta	×	✓	✓	✓	✓

As on Session 2015-16

15. Number of faculty with ongoing projects from a) National b) International funding agencies and grants received:

No.	Faculty Name	Funding Agency	Project Title	Grant Amount	Letter No. and Date
1.	Dr. Omji Gupta	UGC-CRO, Bhopal	"Effect of aerobic training upon quality of life (QOL) in middle aged men".	2,95,000	MH-24/202022/15-16/CRO, Dated 31 Mar 2016

16. Departmental projects funded by DST-FIST, UGC, DBT, ICSSR, etc. and total grants received:

Nil

17. Research Centre/facility recognized by the University:

Nil

18. Publications:

\* a) Publication per faculty:

S.No.	Faculty Name	Publication Nos.	List of Publication
1.	Dr. Omji Gupta	19	Presented in next point

\* Number of papers published in peer reviewed journals (national/international) by faculty and students:



## Faculty - Dr. Omji Gupta - 19

1. "Temporal pattern of circadian rhythm in sportsmen"; Dr. Reeta Venugopal, Omji Gupta, Hrishikesh Patel in Indian Journal of Exercise Science & Physiotherapy (2010) ISSN: 0973-2020, Vol 6:1, 1-6. Patiala, Punjab, India.
2. "Promoting Health and Reducing green house gases emission with Physical Activity and Sports"; Gupta, Omji; Gupta, Anita and Sharma, S.C. in Vyayam Vidnyan (May 2011) ISSN: 0975-8895, Vol 44:2, 15-19. D.C.P.E., H.V.P.M., Amravati.
3. "Sports Chronobiology: circadian Rhythms in Psychological, Physiological and Physical performances"; Gupta, Omji; Patel, Hrishikesh; Pati, A.K. and Venugopal, Reeta; in The Asian Man, An International Journal (January-June 2011) Print-ISSN: 0974-6366 Online-ISSN: 0975-6884. Vol 5:1, 40-44. By: Asian Institute of Human Science and Development Lucknow, (U.P.) India.
4. "A Cross-Sectional Study of Anthropometric Somatotype in Women Players of Chhattisgarh"; Gupta, Anita; Gupta, Omji; Venugopal, Reeta and Mitra, M. in International Journal of Fitness (July 2011) ISSN: 0973-2152, Vol7:2, 53-60. A Journal of the Fitness Society of India Gwalior (M.P.) INDIA.
5. "योग आसन (पादहस्तासन) का 'जैव यांत्रिक' के अनुसार क्रमशः प्रशिक्षण"; Gupta, Omji in Vyayam Vidnyan (August 2011) ISSN: 0975-8895, Vol 44:3, 45-49. D.C.P.E., H.V.P.M., Amravati.
6. "Morningness - Eveningness in sport persons"; Omji Gupta, Reeta Venugopal and Hrishikesh Patel in Research Bi-Annual for Movement (October 2011) ISSN 0973-1989, Vol 28:1, 9-16. H.V.P.M., Amravati.
7. "मानसिक मंदता पर मनोरंजनात्मक शारीरिक क्रियाओं का प्रभाव" Swati Pandey, Omji Gupta and Anita Gupta in Research Bi-Annual for Movement (April 2012) ISSN 0973-1989, Vol 28:2, 9-16. H.V.P.M., Amravati.
8. "अमरावती जिले के वरिष्ठ वॉटर-पोलो पुरुष खिलाड़ियों की सोमेटोप्लॉटिंग का अध्ययन" Shekhar Kumar, Lakshmikant M. Khandagale and Anita Gupta in Research Bi-Annual for Movement (October 2012) ISSN 0973-1989, H.V.P.M., Amravati.
9. BMI profile of junior Wrestling players of Maharashtra. Omji Gutpa, Manish Kumar and Sanjay Tirathkar. Research Bi-Annual for Movement. ISSN: 0973-1989 H.V.P.M., Amravati.
10. Nutritional status of university level women player of Chhattisgarh. Anita Gupta, Omji Gupta, M. Mitra and Reeta Venugopal. The Asian Man. An International Journal (December 2013) Print ISSN 0974-6366 Online ISSN 0975-6884, Vol 7:1&2, 95-103. Article DOI : 10.5958/j.0975-6884.7.1X.012
11. Comparison of cardio-vascular fitness between students of residential school and non-residential school from Kurud. Muzammil Hussain and Omji Gupta Gupta, in Vyayam Vidnyan (May 2014) ISSN: 0975-8895. H.V.P.M., Amravati, Vol 47, No. 2 Pages 41-46.
12. Study on Circadian Variation in Physiological (Oral Temperature and Heart Rate) and Physical Performance (50-Yard Dash) Variables in Judo Players. Gupta O., Patel H and Venugopal R. International Human Research Journal (Online International Multidisciplinary Journal) (April-June 2014) ISSN 2347-7067 online, Volume 2:2, (Impact Factor - 0.798)
13. "छात्रों के अभिभावकों के अभिभावकता शैली का अध्ययन" Nikhil S. Bundele, Omji Gupta and Anita Gupta in Satpuda Research Journal (An International Journal Of Multidisciplinary Mode) (July-Sept 2014) ISSN 2349-4069, Vol 2:1.
14. Comparison of Nerve Conduction Velocity (NCV) Between Players and Non Players, Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN2249-9598, Volume-IV Special Issue, Nov 2014, 146-149.
15. Assessment of Pulmonary Capacity of Cricket Players of Degree Colleges through Multilevel Health Test, in hindi. Anjana Kumari, Anita Gupta and Omji Gupta. In Asian Man (The) - An International Journal, Print ISSN : 0974-6366. Online ISSN : 0975-



6884, Article DOI : 10.5958/0975-6884.2014.00033.4, (Feb 2015) Year : 2014, Volume : 8, Issue: 2. 221-227.

16. Integrated biometric identification system and quality assurance in higher education system of India. Omji Gupta in Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-V, Issue-IV, July-Aug 2015. 145-150.
17. Nutritional Status of Middle School Girls of Durg and Dhamtari Districts of Chhattisgarh, Omji Gupta, Ankita Singh and Jai Shankar Yadav in International Educational E-Journal, {Quarterly}, ISSN 2277-2456, Volume-IV, Issue-III, July-Aug-Sept 2015. 196-198.
18. Correlation Between Physical Performance and Leg Strength Among School Boys, Gupta Omji, Rashid Mudasir and Yadav Jai Shankar in International Human Research Journal, {Online Interdisciplinary-Quarterly}, ISSN 2347-7067, Volume-III, Issue-II, APRIL-JUN 2015. 1-5
19. Body Mass Index Profile of Primary School Boys of Bhandup, Mumbai Gupta Omji, and Mamdapure Naresh in International Human Research Journal, {Online Interdisciplinary-Quarterly}, ISSN 2347-7067, Volume-III, Issue-II, APRIL-JUN 2015. 1-8.

\* Number of publications listed in International Databases (For eg. Web of Science, Scopus, Humanities, International Complete, Dare Database-International Social Sciences Directory, EBSCO host, etc.):

Nil

\* Monographs:

Nil

\* Chapter in Books:

Nil

\* Books Edited:

Nil

\* Books with ISBN/ISSN numbers with details of publishers:

Nil

\* Citation Index:

Nil

\* SNIP

NA

\* SJR

NA



\* Impact factor:

NA

\* h-index

Faculty Dr. Omji Gupta - 01 (Google Scholar)

19. Areas of consultancy and income generated:

Sports Coaching, Sports Officiating, Sports Ground Construction

Funds Generated - Nil

20. Faculty as members in

bb. National committees:

- Dr. Omji Gupta
- Life Member, Indian Society for Chronobiology.
  - Life Member, Youth Hostels Association of India, New Delhi.
  - Life Member, National Association of Physical Education & Sports, Amravati.
  - Founder Member and Senior Vice President of Chhattisgarh Rugby-Football Association.

cc. International Committees:

Nil

dd. Editorial Board:

Nil

Dr. Omji Gupta - Member of Board of Studies for Physical Education, Pt. Ravishankar Shukla University, Raipur

21. Student Projects

s. Percentage of students who have done in-house projects including inter departmental/programme:

NA

t. Percentage of students placed for projects in organizations outside the institution i.e. in Research laboratories/Industries/Other agencies:



Nil

## 22. Award/Recognitions received by faculty and students

- Dr. Omji Gupta
- 6<sup>th</sup> Merit Place in B.P.Ed., From Pt. R.S. University, Raipur
  - 2<sup>nd</sup> Merit Place in M.P.Ed., From Pt. R.S. University, Raipur
  - “Commendation Certificate” From Deputy Director General, NCC, MP & CG Directorate, Bhopal.
  - 1<sup>st</sup> Merit Place in P.G.D.Y.T., From Shree H.V.P.M.’s, D.C.P.E., S.G.B.A. University, Amravati
  - 1<sup>st</sup> Merit Place in CGPSC Exam for Asst. Prof. for Physical Education.
  - Sho-Dan (1<sup>st</sup> Black Belt) in Judo.
  - Yon-Dan (4<sup>th</sup> Black Belt) in Ju-Jitsu.
  - ‘A’ Grade (All India 1<sup>st</sup> Rank) – Senior Division – Associate NCC Officer – Refresher Course (30 days) for ‘Captain Rank’ from NCC Officers Training Academy, Kamptee, Nagpur.
  - Passed with ‘A’ Grade (All India 6<sup>th</sup> Rank) – Senior Division – Associate NCC Officer – Pre Commission Course for ‘Lieutenant Rank’ from NCC Officers Training Academy, Kamptee, Nagpur.
  - University Grants Commission, National Eligibility Test – Physical Education Passed in General Category in June 2012 (Roll No. 47470024).

## 23. List of eminent academicians and scientists/visitors to the department:

Nil

## 24. Seminar/Conferences/Workshops organized & the source of funding

s. National: Nil

t. International: Nil

## 25. Student profile programme/course wise:

Name of the	Applicat	Selected	Enrolled	Dropout	Pass percentage
-------------	----------	----------	----------	---------	-----------------



course/ programme	ions received		*M	*F	Not Appeared in Exams	
2013-14	136	50	45	05	02	85.4% 1 <sup>st</sup> Div
2014-15	80	46	40	6	02	100% 1 <sup>st</sup> Div
2015-16	43	29	21	08	04	96.5% 1 <sup>st</sup> Div

#### 26. Diversity of Students

Name of the course	% of students from the same state	% of students from other states	% of students from abroad
B.P.Ed. 2013- 14	94%	06%	00%
B.P.Ed. 2014- 15	100%	00%	00%
B.P.Ed. 2015- 16	100%	00%	00%

#### 27. How many students have cleared national and state competitive examinations such as NET, SLET, GATE, Civil services, etc.?

Nil

#### 28. Student progression:

Not applicable because of only professional UG course availability.

Student progression	Against % enrolled	
UG to PG	03	At another institute
PG to M.Phil.	-	
PG to Ph.D.	-	
Ph.D. to Post-Doctoral	-	
Employed	-	
-Campus selection	-	
-Other than campus selection	03	In Army and police etc
Entrepreneurship/Self-employment	-	

#### 29. Details of Infrastructural facilities

##### kk. Library:

Yes, College have a library with 22496 book titles; headed by a well qualified Librarian; on various subjects including 662 book titles of physical education

##### ll. Internet facility for Staff & Students:

Nil

##### mm. Class rooms with ICT facility:



Yes physical education department have LCD projector for classroom teachings. College having separate e-class room and English language laboratory facilities.

nn.Laboratories:

05 Laboratories; Namely:

- i. Anatomy, Physiology and Health Education Laboratory
- ii. Human Performance Laboratory (with Well Equipped Multi Gymnasium)
- iii. Physiotherapy, Athletic Care and Rehabilitation Laboratory
- iv. Sports Psychology Laboratory
- v. Education Technology Laboratory (e-classroom, Computer Lab.)

30.Number of students receiving financial assistance from college, university, government or other agencies:

All the students of ST/SC/OBC category receiving financial assistance from government of Chhattisgarh.

31.Details on student enrichment programmes (special lectures/ workshops/ seminar) with external experts:

Nil

32.Teaching methods adopted to improve student learning:

- c. **Chalk and Talk:** for this very basic method this department uses black and white board either. This is used for very basic instructions of theory subjects
- d. **Demonstration:** Physical education classes needs this mehtod through experts for various games, sports and physical activities.
- e. **Educational Tour:** Educational tours were organized for the students to improve the understanding of working in research laboratory. We managed to visit our students to Shree Hanuman Vyayam Prasarak Mandal's Degree College of Physical Education, Amravati, a premier physical education institute of India, celebrated Centenary Year on session 2013-14.



- f. **Assignment:** Short assignment 2 each from every unit of their syllabus are given to students to improve the quality of writing, presentation of answers and collection of good quality notes by themselves.
- g. **Group discussion:** In each academic session students were given a short topic from their syllabus. After giving them sufficient time each student have to present the topic in the class as per there convenience using power point/ transparency sheets/ green board/ only oral presentation. This practice is used to develop/improve the confidence level, verbal and defensive capacity among students which support the student during viva-voice of practical examination and other interactive activities.
- h. **Seminar:** Students of B.P.Ed. were delivering lectures on various topics of sports and physical education with the use of power point presentation and PA systems which enhance the capacity of presentation and to develop communication skills also to enhance their academic knowledge.
- i. **Power point presentation:** Some topics of syllabus is taught through the power point presentation to make the lectures interesting and simplify the complicated biological phenomenon for the better understanding.
- j. **Movie Shows:** Department arranges the movie shows like "Tare Zameen Par", "Chack De India", "Karate Kid", etc. in alternative weeks on Saturdays which have some educational messages followed by group discussion upon education methodology, psychology & sports psychology, sports management, etc. in between peer group. Which makes the classroom environment more alive and interactive.
- k. Written and web based notes were provided to the students.

### 33. Participation in Institutional Social Responsibility (ISR) and Extension activities:

Students are motivated to join NCC/NSS/Red cross and other institutional activities or programmes organized by the college and university.

### 34. SWOC analysis of the department and future plans:

#### **Strength:**



- \* The only government college, in Chhattisgarh state, having physical education course duly approved by National Council for Teacher Education.
- \* Modern and interdisciplinary subject with wide range of applications in various fields

**Weakness:**

- \* Insufficient classroom and laboratory space
- \* Inadequate laboratory facilities
- \* Lack of computer and internet facility
- \* Insufficient man power, high teacher student ratio
- \* No post graduate program or any other advanced training-based course available

**Opportunities:**

- \* Students can be developed into entrepreneur
- \* Ample job opportunities available for physical education professionals

**Challenges:**

- \* To teach students of rural area.
- \* To enrich communication skill of students.
- \* To provide quality education in scarce resources.
- \* Placement of students and preparing the students to be employable.

**Future Plans (As per NCTE Norms):**

- \* Development of state of art well equipped physical education and sports laboratory
- \* Setting up departmental library
- \* Computer and Internet facility for students and faculty members
- \* Improvement of student teacher ratio and other supporting staff
- \* To promote research in UG classes.